

FACT SHEET

THE EFFECT OF CHIROPRACTIC CARE ON SYNCHRONISED PELVIC FLOOR MUSCLE CONTRACTION

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Research Project Summary

Project Complete

Many chiropractors notice that women under their care seem to have easier labours with less complications, fewer issues with incontinence and better core stability.

Pelvic floor muscle function is incredibly important for many reasons. Having coordinated, synchronous muscle function is important in labour (particularly in the pushing stage) in maintaining continence and in maintaining core stability along with activation of the abdominal muscles.

This study will investigate whether adjusting lumbopelvic vertebral subluxations changes pelvic muscle function. The study is designed in three stages. Study 1, which this grant relates to, aims to develop and test a new multi-sensor intravaginal surface electrode probe and test the validity and reliability of the probe. If the device is shown to be valid and reliable Study 2 will test the synchronicity of the pelvic muscle contractions of 90 women. Women who show asynchronous activity will be recruited for Study 3 where the investigators will test immediate pre and post adjustment measurements of pelvic muscle activity.

Impact of Research

Presentations

- Salmons J. The effect of chiropractic care on the motor control and synchronisation of the pelvic floor muscles. Symposium of Maternity Carers New Zealand (SOMCANZ), May 23rd 2015, Auckland, New Zealand

Poster

- Salmons, J., Niazi, I.K., Nedergaard, R.W., Holt, K., Haavik, H. (2017) *Chiropractic spinal manipulation improves the onset of contractions of female pelvic floor muscle.* ACC-RAC Platform and poster presentation abstracts. Journal of Chiropractic Education: March 2017, Vol. 31, No. 1, pp. 29-83.

Awards

- Duehr, J. Student prize: Symposium of Maternity Carers New Zealand (SOMCANZ), May 23rd 2015, Auckland, New Zealand.
- Duehr, J. New Investigator Research Poster Award: The World Federation of Chiropractic's Congress in conjunction with the Association of Chiropractic Colleges and the American Chiropractic Association March 2017, Washington, America.
- Jenna Duehr. 3rd equal research poster award. The effects of Chiropractic Care on the onset of contractions of the female pelvic floor muscles. The 39th World Congress of Chiropractic Students Annual General Meeting at Life West Chiropractic College, August 2017, San Francisco, America.